

AUGUST | 2023

Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1 MOW Breakfast Casserole # Biscuit/Honey Warm Peaches Juice Animal Crackers	2 Grilled Chicken Breast Bun/Pickles/Honey Mustard Diced Carrots Bu Peas Mixed Fruit	3 Braut#/Bun Seasoned Potatoes Italian Blend Veggie Juice Fresh Fruit	4 MOW Chicken Salad MOW Tomato, Cucumber & Feta Salad MOW Bean Salad Bun Tropical Fruit
7 Sweet & Tangy Meatballs over Rice Zucchini Cauliflower Juice Poundcake	8 BBQ Chicken/Bun Garlic Roasted Potatoes Mixed Veggies Peaches	9 Cheese Omelet Sausage Patty # Cheesy Potatoes Biscuit Juice Mandarin Oranges	10 Chicken Tenders Honey Mustard Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones	11 MOW Baked Penne w/Meatsauce Carrots Italian Green Beans Tropical Fruit
14 Chicken Fried Rice Vegetable Spring Rolls/sweet & sour sauce Asian Blend Veg Juice Fruit Cocktail	15 MOW Sloppy Joe/Bun O'Brien Potatoes Bu Corn Juice MOW Cookie* Teddy Grahams	16 MOW Egg Salad/ Croissant MOW Carrot Salad MOW Pasta Salad Juice Peaches	17 Pancakes/Sausage Link#/Scrambled Egg#/Syrup MOW Baked Apples Juice Yogurt w/Fruit	18 MOW Roast Beef w/ Gravy over Mashed Potatoes Green Beans Dinner Roll Applesauce
21 Mini Corn Dogs w/dipping sauce MOW German Potato Salad MOW Baked Beans Fresh Fruit	22 Salisbury steak w/MOW Mushroom Gravy Mashed Potatoes Chef Cut Vegetable Wheat Bread Fruited Gelatin *Uns Fruited Gelatin	23 Breaded Chicken Patty/Pickles/Bun Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits	24 Beef Hotdog/Bun Hash Browns Corn Juice Teddy Grahams	25 Egg Patty/Ham Slice#/Cheese/ English muffin Roasted Redskins Potatoes w/vegetables Juice Applesauce
28 Cheeseburger/Pickles/ Tomato/Onion/Bun Baby Bakers Green Beans Vanilla Pudding *Uns Vanilla Pudding	29 MOW BBQ Chicken Thigh# Au gratin Potatoes Bu Peas Dinner Rolls Pears	30 MOW Ham Salad#/Bun MOW Mustard Potato Salad MOW Garden Cottage Cheese Peaches	31 Meatloaf w/ MOW Meatloaf Sauce over Mashed Potatoes Brussel Sprouts Roll Raisins	1 Chicken Fajita w/Onions/Peppers /Tortilla Roasted Vegetables with Red Quinoa Wax Beans Fresh Fruit

MOW = Made from scratch menu items.

pork in recipe

* Diabetic meal = low sugar dessert

All hot meals = No Added Salt

Entrée – 3oz
Casserole/Soup 6oz
or 8oz
Fruit/Vegetable 4oz
Milk – 8oz
Dessert – 1 svg

Please call 2 working days in advance to cancel your meal 330-832-7220

Substitutions may be made due to availability

*Nora Logsdon, LD
Carla Winner, RD/LD*